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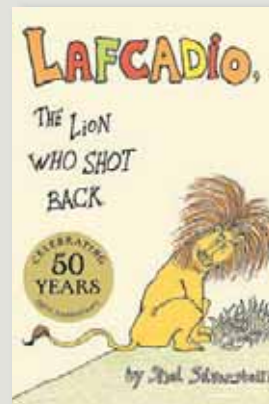
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Fans hit with fake Swift tix

FRAUD

**Police involved
as counterfeit
tickets crop up
at Rexall Place**



**Andrea
Ross**
Metro | Edmonton

Some Taylor Swift fans have "Bad Blood" with their ticket-sellers after being turned away from the pop star's show in Edmonton Tuesday when they unknowingly bought counterfeit tickets.

At least 10 people went from Rexall Place to the Edmonton Police Service on Tuesday night to report the tickets they bought online turned out to be fake.

When the tickets were scanned at the door, they were shown to be counterfeit, or had already been used by someone else, police spokeswoman Anna Batchelor said.

"E-tickets can be very easily reproduced and distributed," she said. "If you're choosing to purchase an e-ticket, meet at a location where the ticket can be verified."

The alleged ticket fraud comes just a week after EPS

warned the public about buying concert and event tickets online after laying more than 100 charges against a 30-year-old man who allegedly sold fraudulent tickets on Kijiji.

Police began investigating after 88 people came forward saying they had lost more than \$12,000, collectively, after paying for tickets that they never received between January and November 2014.

The ticket seller allegedly contacted buyers across Canada who posted Kijiji advertisement for wanted event tickets, asked the ticket buyers for an electronic money transfer and then failed to provide the tickets.

Batchelor said online ticket buyers can avoid ticket fraud by verifying the tickets with the event producer. Buyers should meet the seller in public and ask for a bill of sale, and identification.

Police continue to investigate the fraudulent tickets, and are asking for anyone else turned away from Swift's shows Tuesday and Wednesday evening to come forward.

"Please report it if you are victim," Batchelor said. "This helps identify crime trends that can lead to an arrest, and there's no need to be embarrassed or write off the loss."

GOOD DOGGY

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NEWS



Your essential daily news

Pope: Divorced Catholics are people, too. **World**



Barry Raymond Stewart died in the old remand centre in 2011 after he was attacked by another inmate. A provincial judge looking into his death found many of the conditions in the old facility that contributed to his death are not present in the new facility. KEVIN TUONG FOR METRO

Fine defaulters need options other than jail

REPORT

Minister makes pledge to take action on issue after fatality



Ryan Tumilty
Metro | Edmonton

The province's justice minister is promising to investigate alternatives to jail for people with unpaid fines, stemming from a fatality inquiry report into the death of a 59-year-old man at Edmonton Remand Centre.

Judge John Henderson re-

leased his report Tuesday on the death of Barry Raymond Stewart, who was killed by another inmate at the Edmonton Remand Centre in May, 2011. He was serving a five-day sentence to pay off \$1,439 in fines for jaywalking, failure to appear and being intoxicated in public.

Henderson made only one recommendation in his report, which was that the province investigate alternatives to jailing people who have unpaid fines.

Justice Minister Kathleen Ganley pledged to conduct an investigation into alternatives and make that investigation public.

"This was a tragic event that devastated the family of Barry Stewart. I thank the judge for



This was a tragic event that devastated the family of Barry Stewart. I thank the judge for his comprehensive report.

Minister Kathleen Ganley

his comprehensive report," she said.

Department staff said currently an average of 15 people per day are at the remand centre purely for unpaid fines.

Stewart died after being beaten by other inmate, Justin

Sommers, both men had been assessed as having mental illness and were supposed to be housed in a special unit, but there were no beds available.

Henderson concluded that correctional staff had not done everything they were supposed to with two mentally ill inmates, but given the space constraints in the old remand center it might not have changed the situation. "At best compliance with the policies can only minimize the risk of death or serious injury to prisoners."

Henderson said the new Edmonton Remand Centre had addressed most of the problems by providing more space and higher numbers of mental health workers.

SIX-YEAR-OLD GIRL

Man in reserve assault case denied bail

A man accused of attacking a six-year-old girl on an Alberta reserve has been denied bail.

James Clifford Paul faces charges of attempted murder, aggravated sexual assault and kidnapping.

The 22-year-old was arrested after the child was found near dead on the Paul First Nation, near Stony Plain, last December.

Relatives have said she was discovered naked in the snow and taken to a hospital with

possible brain damage.

At the time, RCMP described the attack as "horrific" and said the accused knew the girl.

Paul's parents later said threats of violence over the case had forced them and their other

children into hiding.

They said Mounties helped move them to a hotel in Edmonton. Paul is scheduled to have a preliminary hearing on the charges in November.

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CALMAR HOMICIDE

Mounties seek info on victim



Andrea Ross
Metro | Edmonton

RCMP are asking for the public's assistance in solving the "massive mystery" of a young woman whose remains were found in Calmar on Monday.

A resident discovered the body of Mackenzie Leah Harris, 22, in a forested area outside the small town 35 kilometres southwest of Edmonton on Monday evening. Police declared her death a homicide Tuesday. The Camrose woman was reported missing by a friend on Aug. 1.

Insp. Gibson Glavin said Wednesday that investigators are still looking for answers in the young woman's death, despite "tremendous" help from the public.

"We want to encourage the public to continue to search for memories and think carefully about what they may or may not have heard, or seen or known anything to do with Mackenzie Leah Harris over the weekend, particularly the evening of July 31 through ... Aug. 3," Glavin said.

Police say the woman was last seen in the area of Aileen Faller Park in Leduc overnight sometime between July 31 and Aug. 1.

Glavin said the forested area in Calmar where Harris' body was found is near a road and residential housing.

Anyone with information related to Harris' death is asked to contact Leduc RCMP at 780-980-7200. Anonymous tips can be sent to Crime Stoppers at 1-800-222-8477.

Gaming trend becomes citywide phenomenon

HOBBIES

Escape City is the third venue of its type in Edmonton



Braeden Jones
Metro | Edmonton

There's just no escaping it: the escape-game trend is picking up in Edmonton.

The games lock small groups into themed rooms

and challenge participants to use their wits to escape before time expires.

Escape City, Edmonton's newest venue for live-action conundrums and problem solving, opened Wednesday after a week of beta testing.

Mike Ringrose, one of four partners launching the new facility, said he thinks it's a "growing sector" but one that inherently welcomes the variety that comes with competition.

Ringrose said a lot of people don't know what an escape room is, but those that do often want more.



We are very proud of the fact that we had so many locals involved in creating something so unique.

Mike Ringrose, one of four Escape City partners

"People that love these things will go to all three places," he said.

Outside of Alberta's capital, the trend has proliferated in major markets since about 2006. Edmonton's first, Breakout, opened just last year.

Ringrose and his business partners travelled for market research and learned that the format of the real-life escape

business means that once a customer has done all of the rooms, the only way to keep up the hobby is to go to another venue.

"Once the rooms have been completed, you can't go and do it again," he said, explaining that the puzzles would be less fun once the solutions are revealed.

Rather than viewing the

existing businesses exclusively as competition, Ringrose said they are all "building a market as a group of businesses."

That said, Escape City does want to stand out. Ringrose said it's a "totally immersive" experience, taking cues from the best escape rooms in the business but produced with all Edmonton-based professionals, including set designers, actors, contractors and more.

"We are very proud of the fact that we had so many locals involved in creating something so unique here in Edmonton," he said.



Mike Ringrose poses for a photo in Edmonton's newest real-life escape game headquarters, Escape City. KEVIN TUONG/FOR METRO

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Christine Park says her adorable four-month-old Shar Pei, Tonkey, has become an Instagram sensation. In a mere nine weeks, her Bearcoat_Tonkey account has amassed more than 200,000 followers. KEVIN TUONG/FOR METRO

Local puppy rises to Instagram stardom

SOCIAL MEDIA

Tonkey the Shar Pei brings smiles all over the world



Andrea Ross
Metro | Edmonton

Move over, Grumpy Cat — there's a new celebrity pet on the social media scene, and she's from Edmonton.

Tonkey, a bear coat Shar Pei with a wrinkly face, droopy lips and a fuzzy brown coat, has skyrocketed to fame

on Instagram with 221,000 people following her Bearcoat_Tonkey account in only nine weeks.

Christine Park and her boyfriend knew the fur ball was something special as soon as they met her as an eight-week-old puppy.

"From the minute we saw her, we said oh my gosh she needs her own Instagram page," Tonkey's owner, Christine Park, said. "I said, 'no, we're not going to be one of those people.' But she was so cute that we said, OK, there's something unique about her. We have to share it with the world."

The couple post daily photos and videos on In-



There's something unique about her. We have to share it with the world.

Christine Park

stagram of Tonkey splashing in the bath, snoring on the bed or playing with their other dog, Maxi. The now four-month-old puppy's owners have been stationed by the phone for days taking calls from The Today Show, BuzzFeed, People Magazine, TIME and US Weekly.

Still, the Shar Pei's superstar status has shocked the

couple, who said they're just happy the dog can act as an ambassador for her breed. The couple plans to continue posting to Tonkey's Instagram page, and are considering boosting her brand even more.

"We're just going with the flow right now," Parks said. "We are entertaining the idea of a photobook. It's a nice keepsake for us to have as well."

Thankfully, Tonkey has stayed remarkably humble despite her new-found celebrity status.

"Tonkey is spunky and fearless and stubborn, and she's really funny," Park said. "But she's still just as cuddly."

PCN FUNDING

Health minister apologizes for lack of clarity



Ryan Tumilty
Metro | Edmonton

Health Minister Sarah Hoffman apologized Wednesday for the confusion over primary care network funding and confirmed the offices may have to use their surplus funds in the short term.

In July, Hoffman seemed to suggest \$75 million that the former government had

suggested PCNs use from surplus funds should be pushed into patient care to make up for proposed cuts to government care. On Tuesday, she said that was not the case and on Wednesday she apologized for the confusion.

"It definitely wasn't my intent to create any concern and I apologize."

She said the long-term future of the \$75 million is still being decided and will be resolved in the fall, but for

now PCN's should spend reserves to keep their services.

"We're asking them to spend pieces of their reserves to ensure that current position levels, patient care are sustained," she said.

Dr. Phillip van der Merwe, a PCN representative with the Alberta Medical Association, said after some initial concern about Hoffman's stance he is now confident they're on the same page.

"We have had a very pro-

ductive discussion with minister Hoffman and we have been re-assured of her commitment," he said.

He said it appears government understands the value of investing in primary care.

"There seems to be a better understanding developing in government that an investment in primary care is really the only viable way forward if we want to make any headway in the ballooning curve of health care expenditures."

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HIP HOP

Edmonton rapper wants to represent City of Champions

An Edmonton-based rapper is focusing on the business half of the music business in Toronto after receiving recognition for his professionalism at an Alberta Music conference in April.

Mitchell Lawler was awarded the Bell Media Prize, which covered his expenses for travel to and accommodations in Toronto for 10 weeks during the "Artist Entrepreneur Program" at Canada's Music Incubator.

Jessica Marsh of Alberta Music said Lawler was selected because he has the drive to "expand on his entrepreneurial skills."

Lawler minces no words about his ambition, saying that his focus during the program will be on grant writing, tour booking, distribution and anything he needs to be a professional.

"For me, this is definitely about representing Edmonton," he said. "There haven't really been any big hip-hop artists from

Edmonton to really blow up."

He explained how Edmonton-native Roland Pemberton, known by stage name Cadence Weapon, is one example of a local hip-hop success story, but that similar examples are hard to find.

"There are some gems ... but if you think of Edmonton Folk Fest, if they were all local, you'd get a crazy world-class performance," he said. "It's not like that here for hip hop. I'd love to be a sort of pioneer for that maybe."

BRAEDEN JONES/METRO

+ ON STAGE

Lawler, who has more than half a million YouTube views, has shared the stage with big acts such as J. Cole, T-Pain, B.o.B, Classified, T.I, and Waka Flocka Flame, to name a few.

EMERGENCY

Northeast shooting seriously injures one

A man is in hospital with serious injuries after a shooting in northeast Edmonton early Wednesday morning.

Edmonton police were called to the area of 168 Avenue and 51 Street for reports of a shot fired.

Officers arriving on scene found a 23-year-old man on the ground with a gunshot wound.

He was treated and transported to hospital. While his injuries are serious, police say they are not considered life threatening.

A statement from EPS describes a black sedan with

three black male passengers having been seen in the area, which "may be connected to the reported shooting."

The statement also said police believe this incident is not a random event.

BRAEDEN JONES/METRO

+ TIPS WANTED

Anyone with information is encouraged to contact police at 780-423-4567, or they can contact Crime Stoppers at 1-800-222-8477.



NAIT students have been among many waiting for the Metro Line to open, as signalling problems have delayed the line for more than 15 months. KEVIN TUONG/FOR METRO

Delayed Metro Line a 'disappointment'

LRT

NAIT student president would support interim service



Braeden Jones
Metro | Edmonton

Of all of the groups anxious to climb aboard an operational Metro Line, NAIT students might want it the most.

Full-time students are all U-Pass holders, and enjoy a reduced transit pass rate in exchange for the whole student

body buying in through student fees.

Student association president Justin Nand said when the students voted in a referendum to adopt the U-Pass two years ago, the Metro Line was a big selling point.

"A lot of students were under the impression the (Metro Line) LRT would be running soon, and because of that it added value to the U-Pass," he said, adding that now, halfway through the agreement term, "quite a few of the students who (voted in the referendum) will not even get a chance to use the Metro line."

He called the delays a "growing disappointment" for the NAIT student body.



Quite a few of the students ... will not even get a chance to use the Metro Line.

Justin Nand

According to an annual student survey, approximately 79 per cent of students have used the U-Pass to get to and from NAIT at least once.

The recent proposal to open the line with manual signalling appeals to Nand, but with a caveat.

"I would be in favour of the

line opening even with reduced service, as long as it doesn't compromise the safety," he said. "I just don't want students to feel unsafe or be unsafe on the LRT."

If the line opened in any way by September, Nand said students could get acquainted with what it offers.

"It would give them a chance to test it out, see if it works for their schedule, and they can make choices like living arrangements, parking, travel arrangements afterwards," he said.

Failing the line opening, NAIT students are still served in peak hours during the school year by the Ookspress free bus service, which travels express from downtown to the school.

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Justin Trudeau
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Elizabeth May
CHAD HIPOLITO/THE CANADIAN PRESS

Leaders take aim for first round of debates

ELECTION 2015

Rivals prepare for four-way contest tonight in Toronto

On the eve of the first federal leaders' debate, Canada's campaign trail grew quiet Wednesday as the rivals prepared for their live four-way faceoff.

Two of them, however, sent campaign proxies.

Laureen Harper stepped up to fill her husband's shoes, speaking briefly to party supporters at the campaign office for Conservative Costas Menegakis in the suburban riding of Richmond Hill.

And the NDP offered a new attack ad to fill the campaign void — a collection of doom-and-gloom business-page headlines superimposed over photos of Stephen Harper, denouncing the Tory economic record.

Indeed, the economy is expected to be front and centre during Thursday's debate, the first opportunity for four of the five leaders to go head-to-head on a variety of key issues.

All four participants — Harper, NDP Leader Tom Mulcair, Liberal Leader Justin Trudeau

WHEN, WHERE

Harper, Mulcair, Trudeau and May will all be in Toronto today to take part in the first federal election debate beginning at 8 p.m. The debate will be broadcast live on Toronto-based Citytv, CPAC and Omni 1 and Omni 2 channels, as well as on each broadcaster's website, Facebook, YouTube and on Rogers Radio news stations. THE CANADIAN PRESS

and Green party Leader Elizabeth May — were keeping a low profile Wednesday as they took part in the time-honoured campaign ritual of "debate prep."

Mulcair has been running through debate preparation sessions with his inner circle at a Montreal hotel all week, surfacing only Tuesday to take part in a campaign event in the riding of Mount Royal.

As a former prosecutor whose question-period inquisition of Harper at the height of the Senate scandal was a highlight of his tenure as leader, Mulcair's performance will be under the microscope, observers say.

"I think a lot of the Canadian electorate has seen Mulcair in

question period on the attack, which is obviously a useful quality to have," said Toronto-based debate coach Shakir Rahim, who won the World Individual Debating and Public Speaking Championships two years in a row.

"I think the question is whether in the debate, he can come across in the ... prime ministerial sense, given that now that's a real possibility for him."

As is always the case for the prime minister, Harper will surely be the target of most of the attacks — a fact not lost on the Conservative team, said spokesman Kory Teneycke.

But the Tories will have attacks of their own — particularly on matters of experience and leadership.

"We are focused on getting ready for the debate," Teneycke said Tuesday in Toronto.

"Attacking the prime minister is one thing; what would you do if you were prime minister is another, and so I think there will be some accountability there as well."

Teneycke said the prime minister is "quite prepared to defend" the government's economic record, which has been under heavy fire throughout the first few days of the still-young campaign.

Trudeau will exceed expecta-

tions "if he comes on stage with his pants on," Teneycke said — a jab to which the Liberals did not respond Wednesday.

Campaign debates always feature a heavy dose of boxing metaphors, so it's hardly surprising that Trudeau, who famously defeated former Conservative senator Patrick Brazeau in a boxing match in 2012, will visit a boxing gym in Toronto ahead of the event, television cameras in tow.

Mulcair, meanwhile, will pay a visit to the office of NDP candidate Jennifer Hollett in the Toronto riding of University-Rosedale.

"Mr. Mulcair hopes to convey his message of change to Canadians while facing strong opponents," said NDP principal secretary Karl Belanger, "including a very experienced prime minister and a seasoned drama teacher" — a jab at one of Trudeau's occupations pre-politics.

Green party Leader Elizabeth May is spending Wednesday on her own in Toronto ahead of the debate. May's officials say she prefers to be left alone to study, rather than participate in mock debates like the other leaders.

THE CANADIAN PRESS

See Metro Views for more on debate

P.E.I.

Charged MADD president resigns

The president of a Prince Edward Island chapter of Mothers Against Drunk Driving Canada has resigned after being charged with impaired driving, the organization's CEO said Wednesday.

Andrew Murie said David Griffin, who was a police officer for 45 years, was charged with impaired driving in June and immediately resigned

as volunteer president of MADD's East Prince County chapter.

Murie said formal charges were laid this week.

He said he was shocked and disappointed, but also has some compassion for Griffin, who he says did great work for the organization during his three years as president. THE CANADIAN PRESS

HEPATITIS C

Woman who fought transfusion case dies

A Halifax woman who led a \$1.18-billion class-action settlement for those infected with hepatitis C has died at the age of 64.

Forsyth became known nationally under her maiden name, Diane Parsons, for leading the legal fight for those infected with hepatitis C from blood transfusions.

Her family doctor, Patricia Beresford, said Forsyth, who

had a bleeding disorder, became ill after getting a blood transfusion prior to dental surgery in 1989.

Ring said Forsyth was giving of her time, even when she was sick and weak.

"Diane opened her private life to the public to assist in educating everyone about hepatitis C and its impact on the lives of those infected with the disease." THE CANADIAN PRESS

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WESTJET

Pilots refuse to form union

A group leading a push among pilots to form WestJet's first union says the effort has been rejected.

The WestJet Professional Pilots Association says on its Facebook page that 684 of 1,247 pilots — about 55 per cent of those who cast ballots over a two-week period — voted against unionization.

The association says it is disappointed with the result and hopes the process will lead to constructive dialogue between pilots and WestJet going forward.

The group had said it was

time the company's pilots are represented through a certified union as WestJet grows.

WestJet had said it believes the fact that it has a non-union workforce gives it a competitive advantage, adding that collective bargaining would have led to service disruptions and increased labour costs.

The airline is expected to make a statement on the vote later today.

The Canadian Industrial Relations Board has been running the vote but says it will not be able to release of-

ficial results until its board approves them. There is no indication when that could be.

To trigger the vote, the WestJet Professional Pilots Association had to show more than 40 per cent of pilots supported the association through membership cards. The WestJet Professional Flight Attendants Association is working to reach the 40 per cent membership threshold to launch a vote on whether flight attendants can unionize.

THE CANADIAN PRESS

IN BRIEF

Saskatchewan premier says equalization program too rich for hydro provinces

Saskatchewan Premier Brad Wall is calling for cuts to the federal government's equalization program, which provides \$17 billion a year to poorer provinces. Wall says now that a federal election is underway, it's time to discuss options such as cutting the amount in half and using the rest for infrastruc-

ture funding or national tax cuts. Wall also says the equalization formula is too rich for hydro-producing provinces such as Quebec and Manitoba, because of the way it calculates the value of hydro revenues. The equalization program is aimed at helping poorer provinces offer services and tax levels similar to richer jurisdictions.

THE CANADIAN PRESS

Crash claims couple on their way to a wedding

Authorities are investigating the deaths of two Quebec motorists who were killed in a car crash in Maine. Police say Martin Poulin and Francine Dumas, of Saint-Georges, Que., were found in their car in West Forks Plantation. They say the couple, both 58, were on their way to New Hampshire for a wedding. THE ASSOCIATED PRESS



TORONTO TRIBUTES POUR IN FOR CBC'S CHRIS HYNDMAN Visitors pay their respects to Chris Hyndman of the CBC show *Steven* and Chris at a public memorial at the CBC Broadcast Centre in Toronto on Wednesday. His body was found just after 11 p.m. Monday in an alley in Toronto, just below the apartment he shared with Steven Sabados, his co-host and spouse.

AARON VINCENT ELKAIM/THE CANADIAN PRESS

Hope resting on teacher's appeal

CHILD ABUSE CASE

Singapore court rules in his favour, Indonesia next

The family of a Canadian teacher imprisoned in Indonesia on much criticized child-abuse convictions is hoping a related ruling from a court in the neighbouring country of Singapore will help his case.

Neil Bantleman is currently serving a 10-year sentence after an Indonesian court found him and a co-worker guilty of abusing children at the elite international school that employed them.

Bantleman's brother said a mother of one of the alleged victims levelled many of her accusations at the start of the case in the form of emails, text messages and other digital communication sent from Singapore.

As a result, Guy Bantleman says his brother, his co-worker and their employer filed a defamation lawsuit against the woman in Singapore.

He says the court found that accusations of sexual

abuse levelled by the mother regarding her son could not be proven, found that the mother had defamed the men and the school and ordered the mother to pay a total of nearly 230,000 Singapore dollars (\$219,000) in damages.

"The court said there was no evidence to support the allegations of the mother and in reality there were more communications that actually said the mother and child indicated no sort of physical abuse," Bantleman's brother said.

"We hope the courts in Indonesia have taken note of what the courts in Singapore have ruled."

Neil Bantleman's family has called the case against the 46-year-old Burlington, Ont., man a surreal one.

He and a teaching assistant were both working at the Jakarta Intercultural School when they were arrested last July following reports from parents of a six-year-old boy who claimed to have been sodomized. Police had already arrested five janitors who worked at the school on charges of child sexual assault in relation to the case.

Bantleman and the teaching assistant, Ferdinand

Tjong, were then charged with sexually abusing three children at the school, underwent a trial that saw conflicting evidence, and were eventually convicted in April.

Both men maintained their innocence throughout and frequently voiced criticisms about the fairness and transparency of the trial which saw medical reports from three different hospitals in Jakarta and Singapore show no major injuries or abnormalities in the three children at the centre of the case.

Bantleman filed an appeal, which is expected to be ruled on at the end of this month.

His family hopes the positive court ruling from Singapore might have some impact on the outcome of his Indonesian legal battle.

"Obviously we're talking about two different countries, what happens in Singapore doesn't mean it's going to follow through in Indonesia," Bantleman's brother said. "But I think it does point the courts in Indonesia in a direction that says listen, 'We've looked at this information and find a very different outcome of what happened.'"

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Plane debris confirmed

FLIGHT MH370

Malaysian prime minister affirms origin of wreckage

Experts have confirmed that the debris found on Reunion Island last week was that of Malaysia Airlines flight 370 that went missing last year, Malaysia's prime minister said Wednesday.

"It is with a very heavy heart that I must tell you that an international team of experts has conclusively confirmed that the aircraft debris ... is indeed MH370," Prime Minister Najib Razak told reporters.

The Boeing 777 jetliner disappeared on March 8 while on a flight from Kuala Lumpur to Beijing with 239 people on board.

It is believed to have crashed in the Indian Ocean, but the rea-



Malaysian Prime Minister Najib Razak at a special news conference announcing the findings for the ill-fated flight MH370 in Kuala Lumpur, Malaysia, early Thursday.

VINCENT THIAN/THE ASSOCIATED PRESS

son remains one of aviation's biggest mysteries.

The first ever physical evidence of the aircraft was found on the French territory of Reunion Island in the Indian ocean, thousands of kilometres from the site near Australia where the plane is believed to have gone down.

"We now have physical evidence that, as I announced on

24th March last year, flight MH370 tragically ended in the southern Indian Ocean," Najib said.

Intact and encrusted with barnacles, the metal piece was sent to France for scrutiny by the French civil aviation investigation department known by its acronym BEA, and members from its Malaysian and Australian counterparts.

In a statement, Malaysia Airlines said the part of the plane's wing, known as a "flaperon," which was found on Reunion Island on July 29 had been confirmed to be of Flight 370.

"Family members of passengers and crew have already been informed and we extend our deepest sympathies to those affected," it said.

The statement said this "is in-

“It is my hope that this confirmation ... will at least bring certainty to the families and loved ones.”

Malaysian Prime Minister
Najib Razak

deed a major breakthrough for us in resolving the disappearance of MH370. We expect and hope that there would be more objects to be found which would be able to help resolve this mystery.”

At a news conference in Paris, authorities were much more cautious than the Malaysian prime minister. Deputy French Prosecutor Serge Mackowiak didn't outright confirm that the debris belonged to flight MH370 but said there were strong indications that it was the case.

"The very strong conjectures are to be confirmed by complementary analysis that will begin tomorrow morning," he said. "The experts are conducting their work as fast as they can in order to give complete and reliable information as quickly as possible."

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RELIGION

Divorced Catholics get olive branch

Pope Francis' call Wednesday for a church of "open doors" that welcomes divorced Catholics prompted speculation over whether he was signalling support for easing the ban on Communion for couples who remarry without a church annulment.

The issue is at the centre of an extraordinarily public debate among cardinals from around the world who will gather this October at the Vatican for a synod, or meeting, on the family.

"He wants the church to get over a psychology that if you're divorced and remarried that you're a lesser Catholic," said Phillip Thompson, executive director of the Aquinas Center of Theology at Emory University in Atlanta. "But it doesn't address the real issue of what is the path forward for Catholics who want to enter into full communion with the church."

Under Catholic teaching, unless a marriage is annulled, or declared null and void by a church tribunal, those who remarry cannot receive Communion or other sacraments because they are essentially living in sin and committing adultery. Such annulments can take years to process — if they are granted at all.

The Pope, speaking at his weekly general audience at the Vatican, underscored Catholic teaching on divorced Catholics who remarry without an annulment, saying, "the church knows well that such a situation contradicts the Christian sacrament." But he emphasized, "these people are not at all excommunicated."

"They always belong to the church," Francis said. The church, he said, must be one of "open doors."

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IRAN

Nuclear deal critics 'selling a fantasy': Obama

President Barack Obama assailed critics of his Iran nuclear deal Wednesday as "selling a fantasy" to the American people, warning Congress that blocking the accord would damage the nation's credibility and increase the likelihood of more war in the Middle East.

Besides challenging opponents at home, Obama cast Is-

raeli Prime Minister Benjamin Netanyahu as an isolated international opponent of the historic accord, saying, "I do not doubt his sincerity, but I believe he is wrong."

The agreement would require Iran to dismantle most of its nuclear program for at least a decade in exchange for billions of dollars in relief from

international sanctions. But Netanyahu and some critics in the U.S. argue that it would not stop Iran from building a bomb.

The president's blunt remarks, in an hour-long address at American University, were part of an intense lobbying campaign by the White House ahead of Congress' vote next month to either approve

or disapprove the international agreement. Opponents of the agreement have streamed to Capitol Hill, too, to make their case, and they have spent tens of millions of dollars on advertisements.

Obama's diplomatic overtures to Iran, a centrepiece of his foreign policy agenda, have put him at odds with Republic-

ans and some Democrats, as well as with Netanyahu, who has campaigned vigorously against the deal.

Netanyahu and U.S. critics of the Iran deal say Obama is presenting a false choice between accepting the deal at hand and going to war to stop Iran from building a bomb.

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NASHVILLE

Hatchet-wielding suspect shot dead

A suspect wielding a hatchet and a gun inside a Nashville-area movie theatre died after exchanging gunshots with a police team that stormed the theatre, police said Wednesday.

The suspect was not identified. It was not immediately clear if anyone was wounded. Don Aaron, a spokesman for Metro Nashville police, said one person may have suffered a hatchet wound, but fire department spokesman Brian Haas said the agency had not treated anyone for injuries.

Aaron said an officer came into the theatre and was fired upon by the suspect. The officer shot back, then backed off. After that, a specially trained police team came in, and there was another exchange

+ LOUISIANA

The shooting comes about two weeks after a gunman opened fire inside a movie theatre in Louisiana. Police there said John Russell Houser killed two people and wounded nine others before fatally shooting himself.

of gunfire. The suspect was then found dead.

The suspect had two backpacks, which are being checked by authorities. Video from the scene showed at least one ambulance outside the theatre.

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DAILY BREAK
A woman is seen working on a laptop, with a small inset image showing a person's face.



Pennants fly on Utoya, Wednesday, a day before youth arrive on the Norwegian island for the first camp since the massacre in 2011 in which 69 people died. NTB SCANPIX/THE ASSOCIATED PRESS

Camp reopens four years after massacre

NORWAY

Memorial with victims' names has pride of place in Utoya

Four years ago a right-wing extremist gunned down 69 people, shattering the tranquility on the idyllic Norwegian island of Utoya after killing eight in a bomb blast at government buildings in the capital Oslo.

This week, a flood of newcomers will be arriving on the island as the Labor Party's youth

camp opens for the first time since the massacre on July 22, 2011.

More than 1,000 students have enrolled for three days of seminars on politics that start Friday. Private visitors a day earlier will include NATO Secretary-General Jens Stoltenberg, a former Labor Party leader who was also Norway's prime minister at the time of the massacre.

Many of the island's traditional red-and-white wooden buildings have been renovated and construction continued feverishly Wednesday to complete new conference and meeting rooms in Scandinavian-style glass and

“It's still too early for some ... we grieve in different ways.”

Lisbeth Roynehold, whose daughter was killed

wood design. A bright circular steel memorial engraved with the victims' names has been given pride of place among pine trees on a secluded spot overlooking the Tyrifjorden lake.

But not all 69 names are there. Eight spaces have been

left for those names parents have not wanted displayed.

“It's still too early for some now, and that's a natural thing I think,” says Lisbeth Roynehold, whose 18-year-old daughter Synne was killed. “Because we grieve in different ways and some parents need more time.”

The murderous rampage of the self-styled “militant nationalist” Anders Behring Breivik left lasting traces on Utoya, including the dark green cafeteria which bears the bullet marks of the murder of 13 people. It has not been renovated and will open as a centre for learning.

THE ASSOCIATED PRESS

COLOMBIA

Woman held with \$38,500 in stomach

Colombian police said Wednesday they arrested a woman at Bogota's airport after discovering she was smuggling \$38,500 US in cash in small capsules hidden inside her body.

The woman, described as a 39-year-old Colombian fashion designer, was arrested two days ago in the capital's El Dorado airport after arriving on a flight from Mexico.

The woman was receiving medical treatment and so far had expelled 64 latex-covered capsules containing five \$100 US bills each, General Gustavo Moreno, head of the customs

police, said.

Colombia supplies around 90 per cent of the cocaine consumed in the United States, so law enforcement agents in the country are permanently on the lookout for drug mules who swallow small capsules of cocaine. Finding people using the tactic to smuggle cash in excess of the \$10,000 US legal limit is much rarer.

Nonetheless Moreno said it

has become more frequent of late because the strong U.S. dollar provides an incentive to criminals to repatriate profits from the illegal drug trade.

Most drug sales take place in dollars or euros so Colombian traffickers frequently look to repatriate their illegal profits and launder them through construction and other front businesses back home. A strong dollar, which allows the drug money to go

further once converted into pesos, serves as a strong magnet emboldening traffickers to take on such huge risks, experts say.

So far this year, cash seizures at Bogota's airport have quadrupled to about \$5 million US as the greenback has risen almost 60 per cent against the Colombian peso.

The biggest seizures took place last week, when five people travelling together from the Dominican Republic were arrested carrying more than \$1 million US in cash hidden in false-bottom luggage.

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Automakers struggle to keep hackers out of cars

TECHNOLOGY

Vehicles now have more software than a Boeing 787

When researchers at two West Coast universities took control of a General Motors car through cellular and Bluetooth connections in 2010, they startled the auto industry by exposing a glaring security gap.

Five years later, two friendly hackers sitting on a living room couch used a laptop computer to commandeer a Jeep from afar over the Internet, demonstrating an even scarier vulnerability.

"Cars don't seem to be any more secure than when the university guys did it," says Charlie Miller, a security expert at Twitter who, along with well-known hacker and security consultant Chris Vasek, engineered the attack on the Jeep Cherokee.

Fiat Chrysler, the maker of Jeeps, is now conducting the first recall to patch a cybersecurity problem, covering 1.4



Fiat Chrysler Automobiles says it has a software fix to prevent hacking into the Jeep Cherokee through the Uconnect infotainment system. FIAT CHRYSLER AUTOMOBILES/THE ASSOCIATED PRESS

million Jeeps. And experts and lawmakers are warning the auto industry and regulators to move faster to plug holes created by the dozens of new computers and the growing number of Internet connections in today's automobiles.

The average new car has 40 to 50 computers that run 20 million lines of software code, more than a Boeing 787, a recent KPMG study found.

After the 2010 hack, the auto industry plugged access holes and tried to isolate en-

tertainment and driver information systems from critical functions such as steering and brakes. But in each subsequent model year, it added microchips and essentially turned cars into rolling computers. Internet access has created

“Cars don't seem to be any more secure.”

Charlie Miller, security expert at Twitter

new vulnerabilities.

Security experts say automakers should have systems that recognize rogue commands and stop them from taking control of a car. Some already do.

They also say car companies must behave more like the personal computer industry, instantaneously updating software via the Internet to stay ahead in a perpetual cat-and-mouse game. Tesla and BMW already can do this, and nearly all automakers are planning for it.

Just last week, another hacker revealed that he placed a small electronic box on a car to steal information from GM's OnStar system so he could open doors and start the vehicle. GM said the hack was isolated to one car and it has closed the loopholes.

THE ASSOCIATED PRESS

TRADE

Demand grows for goods

Canada's merchandise trade deficit with the rest of the world shrank in June to a surprisingly low \$476 million, as exports surged in a broad range of sectors, including consumer goods and major resource commodities.

The trade deficit was far less than the \$3.4 billion gap in May, according to Statistics Canada figures released Wednesday, and below an estimated deficit of \$2.8 billion, according to Thomson Reuters.

Although the improvement was helped by a slight decline in imports, economists said the main driver for June's outperformance was strong demand for Canadian goods.

"In volumes terms, exports regained all the ground lost over the last six months," TD economist Diana Petramala wrote in a commentary.

She said Canada's trade performance is now expected to contribute positively to Canadian second-quarter economic growth, as measured by gross domestic product.

But other factors including a large drop in business investment is likely to "swamp the more positive trade story overall, leaving real GDP on track for a modest second consecutive quarterly decline," she added.

There has been an active debate in political and business circles about whether Canada fell into a recession in the first half of the year. Statistics Canada reports second-quarter GDP figures on Sept. 1.

THE CANADIAN PRESS

BOOKS AND MAGAZINES

Weaker loonie hits Indigo's profit

A weaker Canadian dollar left a mark on the bottom line of Indigo Books & Music Inc. in the latest quarter.

The company's chief financial officer Laura Carr says the company took a \$3 million hit on its bottom line during the first quarter ended June 27, a direct impact from the exchange rate with the U.S. dollar. The details were disclosed in a conference call with analysts on Wednesday after Indigo reported its financial results a day earlier.

Carr said Indigo managed to absorb the effect of the ex-

change rate by funnelling the costs into its book and merchandise prices and securing better agreements with its suppliers by increasing the volume of its orders.

Book and magazine prices are often a hot topic when currency exchange rates dramatically fluctuate, partly because it's one of the few retail goods that lists how much they cost in each currency on the same product. When the value of the loonie soared to near par with the American dollar several years ago, some consumers complained they were paying

excessive markups on books when factoring in the better exchange rate.

Eventually, publishers and retailers made changes to factor in at least some of the improved currency rates.

However, as the loonie sits around 76 cents U.S., retailers are facing the challenge of recouping lost profit margins.

Indigo Books & Music operates 90 large format stores under the Chapters and Indigo banners, as well as 126 smaller locations like Coles, Indigospirit and SmithBooks.

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ROSEMARY WESTWOOD

metroview

Is equality in 'thermal comfort' really our greatest concern?

Get a sweater.

No, really. Leave your office building, walk to the nearest Joe Fresh, drop \$10 on a crew neck, come back to work and stop whining.

The most boring story of the summer (the season of boring stories) arrived this week, wrapped in a handy coating of sexism, and took off.

You couldn't pass news-stands or hang on Twitter without bombardment by a shocking truth: office air conditioning is designed for ... men!

Researchers found thermostats are set to please the average 40-year-old man in the 1960s, while women, who like it hotter, are left to shiver.

The Internet ate it up. Editors put it on the front page. People (probably none more than women in offices) nattered.

But if I have to glance at one more outrage-feigning headline, I will curse every complainer to a life in a deep freeze, right between the hanging pig and leg of lamb.

Some people thought we made too much of poor Cecil the lion. But that was about one man's erectile dysfunction, if you believe Jimmy Kimmel, and most definitely about life and death — of a species, no less, and arguably an ecosystem.

Over here in office land, the

stakes are piddly.

Offices should "reduce gender-discriminating bias in thermal comfort predictions," declared the researchers.

"Equal thermal comfort for all!" doesn't quite have the ring of "Save the lions!" but such is office life.

Or such is the state of feminism.

Instead of crying foul over Fahrenheit, we might have paused to debate a new study that found 95 per cent of women do not regret getting an abortion, after surveying 670 women from a variety of social backgrounds over three years. There's also the small matter of our early start in sexism, as evidenced by new research showing girls are more likely to trust their student council if it's run by boys.

I don't really care if you're cold. It's not a wider problem if you can fix it all by yourself for the price of a quinoa lunch box (and if you can't afford that, the issue we should be talking about is income inequality and pay equity). Surely there's room for an extra layer in that giant purse you lug to work every day.

We're not supposed to silence each other, I know. We women shouldn't ask each other to change.

But please, do get changed — into a parka if you must — and find something better to get you hot and bothered.

metro's election explainer

The more debates the merrier?



So you're used to setting your PVR for just one evening's worth of politicians throwing shade at each other — either the English or French "consortium" debate, produced jointly by Canada's major networks (CBC, CTV, Global). This year, you'll need to do more planning. There are four confirmed alternative debates, the first of which, presented by Rogers and Maclean's magazine, runs tonight. Is this about widening the dialogue or subdividing the electorate? Read on.

The election explainer is dedicated to keeping urban Canadians informed ahead of the Oct. 19 vote. Look for it in this space throughout the campaign. Let us know what needs explaining: readers@metronews.ca

1. HOW DID THIS HAPPEN?

The Tories said they wouldn't participate in the traditional debates. Their only explanation was to suggest they were embracing "diversity and innovation." But some contend the party is trying to strategically parse and target blocks of voters. It's also worth pointing out that the Tories feuded with the big broadcasters last year over political ads and that their relationship with the CBC, whose funding they've gutted, is fraught to say the least.

2. WHAT DOES IT MEAN?

- NDP Leader Tom Mulcair has said he won't debate without the big honcho himself.
- Justin Trudeau has so far confirmed only that he'll attend tonight's Maclean's/Rogers debate and another, presented by the Globe and Mail and Google, next month.
- The alternative debates were subject to Tory approval, so the terms are bound to be favourable to Harper. Consider: one of the debates is devoted to the economy,

another to foreign policy — subjects the leader is comfortable with.

- The main thing the consortium could offer was eyeballs: over 10 million viewers tuned in to the English debate in 2011. And the partners had planned to pump up the numbers this time through an array of social-media partnerships, meant to yield "unprecedented digital reach." But Harper's opt-out and Mulcair's hard line threaten to render the whole exercise moot.

URBAN ETIQUETTE: ELLEN VANSTONE ON BELATED SYMPATHY



THE QUESTION

I just found out that my friend's mother died a few weeks ago but he never said anything. Should I send a card? Or is it more tactful to say nothing?



Dear Ellen,

I just found out that my friend's mother died a few weeks ago, but he never said anything, so I don't know whether to mention it or not. Should I say something, or send a card? Except now it seems too late, and anyways I don't know his postal code. So maybe I could send an email, but maybe that's too casual? Or is it more tactful to say nothing and respect his privacy?

Trying to be sympathetic

Dear Trying,

Sometimes people think it's "tactful to say nothing" when what they really mean is "it's way easier for me to ignore this difficult subject by pretending to be tactful."

I don't include you in this category. You seem genuine-

ly ready to do whatever the right thing is. But I have made the mistake of "pretending to be tactful," and I still regret it. A friendly acquaintance at college lost her fiancé just weeks before the wedding, and a bunch of us in her extended circle ignored the entire event, thinking (or pretending) we didn't want to remind her of the painful loss. As if she needed reminding!

Some time later, when my father died, I received a belated sympathy card from

a friendly acquaintance in my own extended circle, and I can't tell you how much it meant to me. I felt so touched. That card, even though it came from someone who never knew my father, made me feel as if someone else was honouring him and his life by acknowledging the loss.

So many of us in this culture are afraid to talk about death, but when people ignore it, there's a kind of message to the bereaved person

that the loss is somehow an embarrassing subject. Which, obviously, is bound to make that person feel worse.

So, the answer is: always send a card, no matter how many weeks have gone by. It's not only the "right thing to do" as a matter of etiquette. What makes it "right" is that it's a kind and considerate act. It's about setting aside your own discomfort and convenience and sending a message that will tell your friend you're thinking of him with love and sympathy. It's these small acts — the ones that are easiest to ignore or forget — that help connect people and make the world a better place.

As for not knowing your friend's postal code, I could ask if you've ever heard of the Internet. But I'll rein in my scoldy tone and tell you that email is just fine — especially if you're too young to have a drawerful of stamps handy.

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PHILOSOPHER CAT
by Jason Logan

EVERY DAY IS A JOURNEY, AND THE JOURNEY ITSELF IS HOME.

MATSUO BASHO



Don't call it a beach book

VILLA AMERICA

This is not one of those turn-off-your-brain summer reads

Melissa Dunne
For Metro | Life



So how does Liza Klaussmann *really* feel about her new book *Villa America* recently being called “this summer’s classiest beach read” by one of Britain’s classiest newspapers?

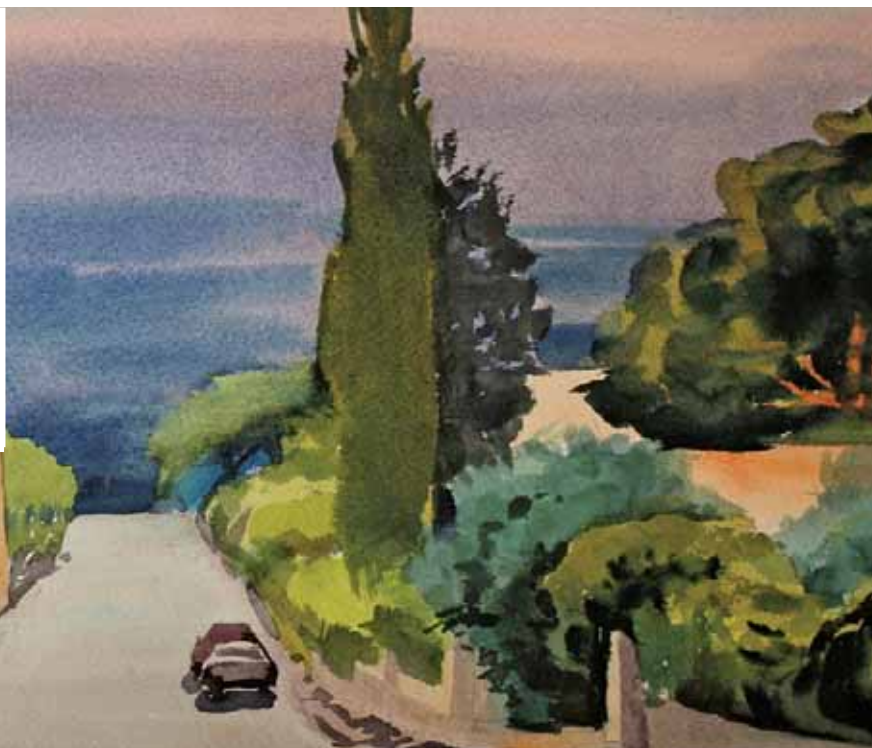
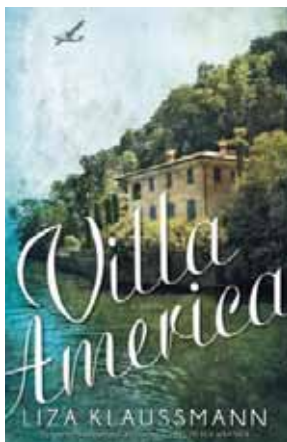
“Yeah, sure why not? The word classy is in there — that’s always a good thing,” Klaussmann tells me over the phone while on vacation at Martha’s Vineyard, literally surrounded by beaches.

“I’ve always found the terminology a bit odd. ... You can read anything on the beach.”

The author is diplomatic about the categorization. When a book set in the French Riviera comes out during the dog days of summer it’s perhaps inevitable, she points out, that there will be talk of stuffing it in your beach bag and getting sunscreen smudges on it and sand granules in it while flipping through the pages by the water.

But, one does understand why some authors (and readers) may cringe when the term beach read is mentioned.

After all, even today.com back in 2005 was dissing the category in a roundup of the sub-genre: “The beach book is easily digestible, designed to be guzzled



Villa America is a book set by the beach, not a “beach book.” ISTOCK

down from a cramped airline seat or reclining poolside chair. ... They’re not the novels you proudly display on your shelves so that guests may marvel at your intellectual prowess, but frankly, it’s too hot out for Tolstoy.”

Oh, and beach books also tend to be chick-lit — you know, those books with the neon-pink covers. Before the listicle of ‘beach books’ is listed this exhortation adds insult to injury: “Let the mental vacation begin!” Barf.



I’ve always found the terminology a bit odd ... You can read anything on the beach.

Liza Klaussmann

If you’re looking for a mental vacation this summer, *Villa America* is not the ‘beach book’ for you. While her second novel, like her first, does take place near the beach, I’d certainly say it’s

more classy than trashy.

But enough about the sometimes nauseating way books are labelled and categorized.

Klaussmann burst onto the literary scene with *Tigers in*

Red Weather, her award-winning debut set on Martha’s Vineyard (where Klaussmann usually spends her summers) which became an international bestseller.

Her sophomore effort takes readers to another gorgeous beach locale — this time the French Riviera — and the characters are modelled after the real-life muses of F. Scott Fitzgerald’s *Tender is the Night*.

The initial idea for *Villa Amer-*

INHERITANCE

A whale of a tale

Liza Klaussmann is not a complainer. After all, things are going very well for her right now. Her first novel won her awards and accolades and her second novel *Villa America* has just been published. But, she does have a whale-sized reason to complain.

Herman Melville happens to be her great-great-grandfather and people happen to ask her about the writer of the classic novel *Moby Dick* ALL the time.

Instead of complaining about being asked about, and compared to, someone she never met, she’s decided to deal with her famous relative “head on.”

She is already at work on her third novel and it will reference her long-gone family member.

ica came many moons ago when she was working on her master’s thesis on the Fitzgerald classic. Gerald and Sara Murphy, the couple that inspired Fitzgerald’s book, also inspired Klaussmann.

“I kind of fell in love with them,” says the author.

The resulting work is something many readers are sure to fall in love with, too.

This is one ‘beach book’ you can proudly display on your shelf, perhaps sandwiched between a dog-eared Helen Fielding book and a pristine Tolstoy novel.

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LUIS ROBAYO/AFP/GETTY IMAGES

Loving lions

The killing of Cecil the lion continues to generate fury, but it can also be a teaching moment. These lion-themed kids books might help. **THE ASSOCIATED PRESS**



FRIENDSHIP

The Lion & The Bird

A sweet look at friendship that grows between a lion and an injured bird. The bird is left behind by his flock and the lion nurses the bird back to health.

Enchanted Lion Books.

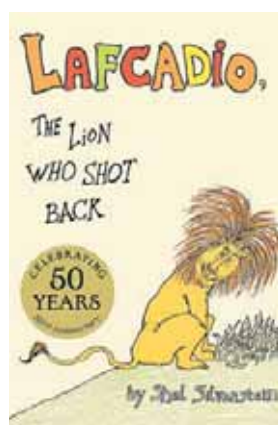
Counting Lions



CONSERVATION

Counting Lions

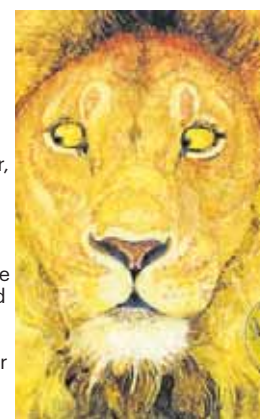
Charcoal drawings of 10 endangered animals in an oversize format, with a majestic lion as the cover boy. In addition to simple counting on a level worthy of very young children, text covers the qualities and behaviour of each animal, including elephants, giraffes, pandas, turtles and macaws. Creators Katie Cotton and Stephen Walton urge children to care about protection and preservation. October release, Candlewick.



BECOMING WHAT WE HATE

Lafcadio, The Lion Who Shot Back

In Shel Silverstein's first children's book, a lion eats a hunter, taking his gun and becoming a crack shot himself. A circus man names him Lafcadio the Great and brings him to New York, where the lion grows more humanlike, dressing in starched collars and fancy suits. He grows despondent and returns to the jungle to ponder whether he's more man or beast. Anniversary edition, HarperCollins.



RECIPROCITY

The Lion & The Mouse

The Serengeti comes alive in Jerry Pinkney's nearly wordless retelling of the beloved Aesop fable. The lion spares the mouse from becoming a meal. The mouse returns the deed by freeing the lion from a poacher's trap. Closeups of the players are juxtaposed with vast landscapes. Little, Brown Books for Young Readers.



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Kidlit decor is the cat's meow

A ROOM OF A KID'S OWN

Turn down the covers with a page from storybooks

Using children's books as inspiration for bedrooms and playrooms is one way to introduce a child to literature. It also can be just a fun, imaginative way to decorate.

"I lifted the oranges, greens and yellows from the pages of *The Wind in the Willows*, *Charlotte's Web* and *The Lion, the Witch and the Wardrobe*, and used those colours in the fabrics, wall colour" and furniture of a child's room, says Sheila Michaels, an interior designer in Crozet, Va., who designed the room for the Charlottesville Design House a few years ago. She used the classic kids' books as her jumping-off point.

The response was overwhelmingly positive, she says.

"My heart was in (it), as I was an avid reader growing up and my grandparents had a book business," Michaels says.

She also channelled Beatrix Potter, using watercolour art-

work, a tea set, a hand-painted dresser, and a lamp with flower and garden motifs reminiscent of Mr. McGregor's garden from *The Tale of Peter Rabbit*.

Many designers and retailers, from bookstores to home-decorating stores, have picked up on the theme of children's literature as decor inspiration. (Pottery Barn Kids stocks Peter Rabbit-themed bedding, for example.)

The work of authors and illustrators such as James Gurney, Jan Brett, Frances Hodgson Burnett, Dr. Seuss, Shel Silverstein, Steven Kellogg and many more is also available online in unframed, downloadable or ready-to-hang art. Check websites like Etsy, Art.com, Zazzle and Books of Wonder.

Cynthia Mehlberg, a designer in Gillette, Wyo., crafts canvas pillows with quotes from Peter Pan, Hans Christian Andersen and others. (etsy.com/shop/sweetmeadowdesigns)

"To quote famous classic children's literature keeps those words alive, introducing them to a whole new generation," she says. "And knowing that those words may inspire a child makes my heart sing."

THE ASSOCIATED PRESS



Shy Little Kitten bedding is based on a Little Golden Books story. LAND OF NOD/THE ASSOCIATED PRESS



To quote famous classic children's literature keeps those words alive

Designer Cynthia Mehlberg



Minimalist Goldilocks

For a contemporary space, consider Chicago artist Christian Jackson's minimalist versions of classic fairy tales: Little Red Riding Hood is evoked by a copse of trees and a flash of red cape; the Goldilocks print shows three bowls of oatmeal, each a different size; Three Little Pigs consists of a sprig of straw, a twig and a brick. While each is rendered in muted hues, the spare imagery packs graphic punch. (squareinchdesign.com)

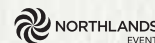
THE ASSOCIATED PRESS

TAWNY SCRAWNY LION AROUND IN BED



Little Golden Books get snugly

Land of Nod partnered with Little Golden Books this spring to produce a bed and bath collection featuring several of the series' beloved characters, including Tawny Scrawny Lion. The illustrations have been reproduced on a range of soft furnishings and wall art. (landofnod.com)



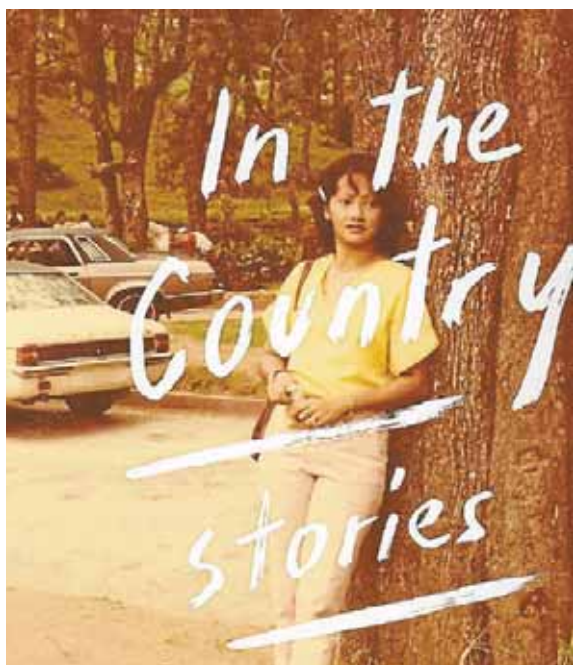
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Filipino lives get spotlight

SHORT FICTION

Author draws on her own experience in the diaspora

It's such a familiar story. When Mia Alvar was a student, first at Harvard College and then at Columbia University, with aspirations of becoming a writer, she had to dig to find English-language fiction by other Filipino authors — despite the fact that there's a long, recognized literary tradition dating back to the 19th century.

"They weren't names that appeared on my syllabi, or the featured table at the bookstore," Alvar says.

New York-based Alvar can now count herself among a new generation of authors from the Filipino diaspora who are being recognized outside the community for their literary talents, including Montreal's own Miguel Syjuco, who won the 2008 Man Asian Literary Prize for his debut novel *Ilustrado*.

Alvar's first story collection, *In the Country*, published by Knopf, was released this summer to great critical praise with comparisons to one of the indisputable all-time masters of the form, Alice Munro.

In nine stories, including a novella, Alvar travels to the Philippines, the Middle East and the United States, and into the private lives of various Filipino communities and families.

But while there's an under-

lying sense of displacement and outsider anxiety familiar in many immigrant stories, Alvar's tales twist and surprise.

There's sweet revenge: in *Shadow Families*, a woman named Baby, whose every move and wardrobe choice is judged by the other Filipino women, busts apart an expat community with a sly confession.

But there's also slow-growing empathy in *The Miracle Worker*, in which the wife of an oil worker becomes a caregiver for a young special-needs girl whose mother desperately dreams of a bright future for her child.

Alvar's family left Manila when she was six, first moving to Bahrain for four years before settling in New York. While the stories may have gestated from her family's experiences, once she started writing, Alvar found they took a life of their own.

"I borrowed a lot from memory and personal experience and changed a lot on the page," she says. "There are moments where I know I can trace the original spark or inspiration, but by the time the story has made it out into the world, so much has changed."

She admits that when she first began the collection, she felt the pressure of trying to represent an entire culture: "I had to work out a philosophy for myself, as I noticed that I would get most stuck and frustrated and bored whenever I was too obsessed with getting it right, whether it was fact-checking the distance between two towns on the map or trying to transcribe a memory from real life as it happened."

AUDIOBOOK

Stars lend voices to friend's audiobook

Matthew McConaughey isn't just encouraging people to read his friend's book. He's also raising his voice.

The Oscar-winner is one of several celebrities to narrate Kevin Morris' audiobook version of *White Man's Problems* from Audible Inc. It's a series of short stories centred on men of various ages uneasily trying to figure out life's conundrums.

"Kevin's been a friend and consigliere of mine for over 20 years," McConaughey wrote in

an email message. "I've always enjoyed his outlook and authenticity of where he's from and wants to go."

McConaughey narrates the first short story, the 18-minute *Summer Farmer*, which is about the brief meeting of a wealthy man and an elevator repairman.



It was inspired by John Cheever's *The Summer Farmer* and is being released by Audible free on Aug. 4. The full audiobook is available on Aug. 11.

White Man's Problems will also have stories read by South Park creators Trey Parker and Matt Stone, John C. McGinley, Josh Holloway, Pete Yorn, Min-

nie Driver and Sarah Polley.

All are either clients or friends of Morris, an entertainment attorney who also co-produced *The Book of Mormon*.

Morris narrates the last story *White Man's Problems*, which features "the biggest jerk you've ever seen. So I knew I'd probably save him for me and not make anybody else go through it," he said.

"It feels like we made an album. It feels like I made an album with my friends. It feels like I made another piece of art out of something I put a tremendous amount of hard work into," Morris added.

McConaughey, the actor of such films as *Dallas*, *Buyers Club* and *Interstellar*, said it wasn't such a stretch to become a narrator.

"Storytelling's what I do for a living as an actor and just like an actor, if the script's good, I don't have to do as much 'acting' per se," he wrote. "Kevin's stories have clear identities and sense of place."

Morris began writing five years ago in an apartment he converted into an office in Santa Monica, Calif. He wrote three days a week, inspired to write nine short stories by J. D. Salinger's *Nine Stories*.

A friend's drawing of a dog adorns the cover.

THE ASSOCIATED PRESS

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Matthew McConaughey.
FRANCK ROBICHON/GETTY FILE



LAGERCRANTZ SAYS NOBODY COULD WRITE SEQUEL BETTER

'I was born for this,' says Stieg Larsson's successor

The Swedish author tasked with writing the upcoming sequel to the late Stieg Larsson's *Millennium* trilogy said Sunday that he was "born for" the job.

David Lagercrantz, commissioned to extend the dark crime series that sold more than 80 million copies worldwide, wrote in the *Dagens Nyheter* newspaper that he lived "day and night"

with Larsson's characters.

His novel, titled "The Girl in the Spider's Web" for its English-language release, will be published in 40 countries on Aug. 27, a decade after Larsson's death.

"I was born for this. Nobody could do it any better," Lagercrantz wrote.

Although the book's production was shrouded in secrecy, the project has not been without criticism, particularly from Larsson's partner who accused it of sim-

ply being a money-spinner.

But in Sunday's article, written in the form of a diary over the 18 months he took to write the book, Lagercrantz said that "the plot blossomed in me" every day. In an entry dated Sept. 2013, he wrote: "I write as fast as a snail" — a full month before he brought the trilogy's ingenious hacker heroine, Lisbeth Salander, into the plot.

Once Salander had entered into the story, however, he noted that "now I

can't escape it, all my body is tense and I let it drive the plot."

Lagercrantz, known for co-authoring Swedish football star Zlatan Ibrahimovic's autobiography, said he delivered a first version to publishing house Norstedts in early 2014, but soon began revising the story. "The question is whether I was already this obsessed" before returning to the novel, Lagercrantz wrote in March 2014. THE ASSOCIATED PRESS

GOSSIP NOTES

Perrie's Zayn zen

In the wake of Zayn "I love to leave things" Malik's split from fiancée Perrie Edwards coming to light earlier this week, the Little Mix singer was said to be "devastated,"

but according to Edwards herself everything is great, just great. "I'm good, thank



you," she said when pressed in an interview for an update. So there you have it. "Her friends are rallying around her," a source previously told E! News.

NED EHRBAR/METRO IN HOLLYWOOD

No 007 for Idris

Maxim's feature on Elba is a double-edge sword of eye candy and confirmation that the actor won't be ordering a martini "shaken, not stirred" anytime soon.



"It's just not happening," Maxim writes. "Fans have

not been shy about their desire to see the producers slide the Aston Martin keys across the bar to Elba. But in the actor's estimation, this very attention has all but killed his chances to land the role." MATT LEE/METRO IN NEW YORK

FROM HGTV TO THE WHITE HOUSE

Hillz spills TV faves

As she's doing her run for president, Hillary Clinton has to field a lot of questions. In a recent chat with South Carolina Democratic Party Chairman Jamie Harrison, the former first lady and secretary of state opens up about her favourite TV shows, and the answers are, um, telling. Clinton revealed she's a huge fan of Tea Leoni's Madam Secretary — so she's the one — about a female secretary of state. Maybe she likes shows she can relate to? Because she's also a huge fan of The Good

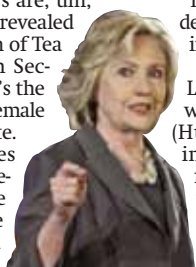
Wife, which started out about a high-powered woman overcoming her politician husband's sex scandal. This is very, very awkward.

But don't worry, Clinton has found the secret to relatability, and it is HGTV.

"I love watching people redecorating their houses, buying houses," she says.

"There's a program called Love It or List It. I like to watch Beachfront Bargain (Hunt) and I'm interested in this young couple that flip houses (Flip or Flop), whether they're going to make their money or not."

NED EHRBAR/METRO IN HOLLYWOOD



WILL AND JADA

Smiths call it quits

While Will Smith and Jada Pinkett Smith laugh off those pesky divorce rumors that keep cropping up, they're reportedly dealing with a completely different breakup in their lives, and it's with the Church of Scientology. Tax records obtained by Radar Online show that the Smith's Will Smith Foundation was issued a \$1.2-million refund in 2013 for cash that had

been donated to a suspiciously Scientology-friendly school. A former Church leader insists the refund comes because the Smiths are no longer members of the controversial religious organization. If that's the case, the Smiths are the rare exception of people who've actually gotten Scientology to give them money. Impressive.

NED EHRBAR/METRO IN HOLLYWOOD



From the left: Viola Davis, Kerry Washington, Shonda Rhimes and Ellen Pompeo at the 2015 Summer TCA Tour. GETTY IMAGES

Shonda queen of the non-answer answer

Talk of legacies not producer's fave topic

Lisa Weidenfeld For Metro

Shonda Rhimes may have made her name with her writing, but for a pro wordsmith, she's awfully short on them when a

room full of journalists tries to get her to answer certain types of questions. Like, for instance, what's going to happen next on any of her Shondaland shows.

"We don't comment on future storylines," Rhimes told the room Tuesday at the Television Critics Association press tour.

But how does Rhimes feel about the whole TGIT branding thing ABC went with for the night of all her shows? Was she feeling any pressure in that situation? "You know what's great is that I absolutely

don't worry about things that I have no control over," Rhimes said. "My job at ABC is to make shows and tell stories, so that is what I spend my time doing."

Rhimes reserved her strongest non-answers for questions regarding her legacy as a person who's gotten more people of colour on TV than possibly any other producer. "I certainly don't spend any time thinking about legacy, because we're still

doing this," she said. When pressed about the concept that she might have something to do with the fact that it seems pretty likely that a woman of colour will win a best actress award at the Emmys for the first time (both Viola Davis and Taraji P. Henson are nominated), she said, "It is a lovely thing that you are saying, but I'm not going to answer that."

Earlier, ABC president Paul Lee had implied that he thought Grey's Anatomy could go on for many more seasons. And what does Rhimes have to say about that? "I agree with everything that Paul Lee says."

Glad we could clear all that up.

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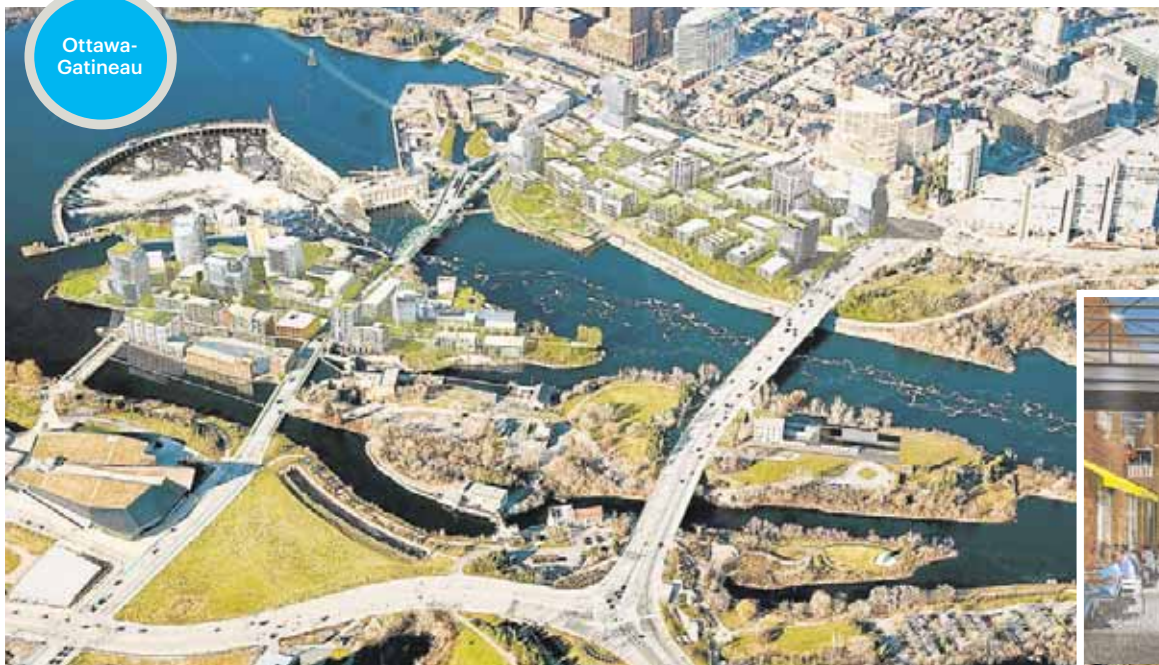


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Ottawa-Gatineau

Above: Capital View Park provides a green core to its neighbourhood, framed by views of Parliament Hill. The park starts at Laval Street with a small urban square, including a children's play area and community agricultural plots.

At left: East Eddy Plaza is connected to surrounding streets by heritage laneways and linear park extensions enriched by surface storm water management.

The Zibi redevelopment project sits in the middle of the Ottawa river, connected to both the city of Ottawa and the city of Gatineau. COURTESY WINDMILL DEVELOPMENTS

Builders seeing the big picture

DEVELOPMENTS

Master-planned communities now common to many cities across Canada



CONDO TRENDS
Duncan McAllister

General George S. Patton once said that a good plan today is better than a perfect plan tomorrow. We all know that planning is an essential aspect of real estate and urban development. It would seem that we're living in the era of the master-planned community. We hear the term a lot, but what does it mean exactly?

BusinessDictionary.com describes it as a type of residential plan, the scope of which is very large, and includes a number of amenities such as parks, golf courses, bike paths and jogging trails.

Closer to the city, it's a large community, built in phases by one or more builders, which encompasses elements of live, work and play. That may include

condos, townhomes, office buildings, shopping centres and parks. The building form is now common to most Canadian cities.

On the West Coast, there's a new master-planned community just outside of Vancouver in the Fremont neighbourhood of Port Coquitlam. The Fremont Riverfront District by developer Mosaic Homes comprises condos, townhomes and commercial units in a true live-work-play community. The modern, pedestrian-oriented neighbourhood has more than 650 row home and apartment residences, with the Fremont Riverclub at its centre.

Another example of a master-planned community that goes beyond the realm of imagination, Zibi straddles the banks of the Ottawa River, located in both the City of Ottawa and the City of Gatineau. This multi-phase project, from Windmill Development Group and Dream Unlimited Corp., will transform a derelict section of land into a blend of condominium towers and townhomes, commercial space and unique waterfront plazas.

In the town of Markham, just north of Toronto, the Remington Group has also embarked on an ambitious project that will include a mix of retail, residential and commercial properties.



The thinking was that subdivisions are a 20th-century phenomenon and the world is going to more mixed-use communities.

Sheldon Levitt, of Quadrangle Architects

The \$3-billion Downtown Markham project will represent the largest planned, mixed-use development in Canada. The site is home to the Signature Condominium Collection, an exclusive condo-hotel designed by Quadrangle Architects with interiors by II BY IV Design.

Sheldon Levitt, principal with Quadrangle Architects, says that back in the '90s, their client Remington, having acquired the 250-acre property, wanted

to build something different than just another bedroom community.

"It was a time when there was a lot of talk about New Urbanism," he said.

"The thinking was that subdivisions are a 20th-century phenomenon and the world is going to more mixed-use communities with a focus on being both pedestrian and transit-oriented and bringing the car under some form of control."



Port Coquitlam, B.C.

Part of a pedestrian-oriented live-work-play community, the Fremont Green condos in Port Coquitlam feature one- and two-bedroom, move-in-ready suites on the waterfront, starting from \$189,900. COURTESY MOSAIC HOMES



Markham, Ont.

Left: The Signature Condominium Collection in Downtown Markham features hotel-style living — floors one to seven comprise the Marriott Hotel with 209 rooms and condo suites are on floors eight to 16. Right: Downtown Markham will include retail, residential and commercial properties in a community that includes LEED standard buildings. COURTESY THE REMINGTON GROUP

Summer gadgets for the home chef

Most of us confess to having a winter and summer wardrobe, but many would deny having culinary gadgets specifically for the summer kitchen. Here's my roundup of some sizzling summer faves.

DESIGN CENTRE

Karl Lohnes



1



2



3



4



5



6



1 Primula 50 oz. Cold Brew Iced Coffee Maker

Keep your caffeine cool during the summer months. \$30, BedBathAndBeyond.ca

2 OXO Corn Stripper With Holder

Strip and store the summer harvest with ease. \$18, CrateAndBarrel

3 Cool & Serve Square Tray

Serve and keep foods cold for up to six hours. \$46.50, PamperedChef.com

4 Lello 4080 Musso Lussino 1.5-Quart Ice Cream Maker

Quite possibly the best ice cream, sorbet and gelato maker in the world. All stainless material. \$780, Amazon.ca

5 Hamilton Beach Ice Shaver

Stylishly serve cold shrimp over ice or make summer-fun slushies. \$50, HamiltonBeach.ca

6 Insulated Laurence Tartan Lunch Bag

Keep your travel delights cool while carrying them in style. \$20, StokesStores.com

TREND

Let there be upcycled lighting

Household objects, industrial cast-offs and vintage farm tools — all these and more are being salvaged and upcycled into lighting fixtures that range from elegant to funky to pure wow.

The trend is evident at eateries like Malai Marke, a stylish Indian restaurant in New York City's East Village, where light in the dining room glows from bulbs surrounded by green wine bottles arranged in a circle, empty but corked.

It can be seen on websites like Pinterest, where the Up-cycled Lighting Obsession board shows bulbs affixed to old skateboards, the metal innards of a box spring, bird cages, teacups and an upside-down colander.

And it's become a career for Robert Nicholas in Asheville, N.C., whose dramatic showpiece chandeliers made from all kinds of vintage objects sell for up to \$6,000.

Nicholas' materials range from the wooden roof of an old gazebo to tobacco stakes, which were used to harvest and dry tobacco leaves and are part of North Carolina's agricultural history.

The gazebo-turned-chan-



Lighting fixtures in a North Carolina showroom made from a turbine, left, and the skeletal frame from a gazebo roof.



A light fixture at a restaurant in New York made from wine bottles. THE ASSOCIATED PRESS

delier is going to be a showpiece for a local brewery; the tobacco-stakes fixture ended up in Miami. "You're taking

something that may feel more indigenous to a cabin in North Carolina and you're putting it in a modern home in South Beach," Nicholas said.

In fact, many of his fixtures have an urban-chic sensibility despite their authentic rural roots, a style he's dubbed "modern folk."

Yet when it comes to an object's original purpose, Nicholas said, "I don't really care what it was, but I'm intrigued by what it was. It really is more about the esthetic look of it and the potential of what it can become," along with its potential for a "wow factor."

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Making the grade

TRANSITIONS

Ease your teenager's anxiety for the first year of high school

Izabela Szydlo
For Metro

With school just a few weeks away, the transition jitters for soon-to-be first-year high school students may be setting in. And while being nervous about change is completely normal, there are ways to reduce your teenager's anxiety.

"New teachers, new friends, new classrooms, new curriculum, new expectations — all these new things can lead to excess stress," said Brent Schieve, a Surrey, B.C., high school teacher who has been teaching for 20 years.

"If they can deal with some of this newness before school

starts, that would help."

Begin your teen's transition by introducing academics slowly while summer vacation is still in full swing, Schieve said.

"There is a huge learning curve for any changes in schools. And high school is still based heavily on reading and math. So any literacy and numeracy activities will help greatly. Try games and reading together as a starting point."

Demystifying the high school environment by physically going to your child's high school and taking a look around will also be helpful, Schieve said. Many schools are open in the summer, especially the week before school starts, so accessibility shouldn't be an issue.



There is a large learning curve for teenagers as they prepare to enter high school. SHUTTERSTOCK

And while the academic transition can be daunting, so can the social one. According to one study published in the Journal of School Psychology in 2004, teens between the ages of eight and 13 see their

self-esteem levels drop markedly. Addressing self-esteem and social insecurities before the first day of school may help to reduce them, Schieve said.

"Listen to your kids and be empathetic. For example, ex-

plain that they might be intimidated by older students, but (older students) are just bigger versions of themselves who have more experiences."

The Grade 11 and 12 teacher says students typically adjust

to high school by their second semester, but you should be on the lookout for significant changes in personality or the amount of communication. And if you become concerned, speak to a school counsellor.

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Game of Thrones creator, and New York Jets fan, George R.R. Martin watched practice with GM Mike Maccagnan

metro SPORTS

Lapsing Lions face stern test against hot Eskimos

CFL

Wasteful B.C. must plug leaks as Edmonton will not be easy

The B.C. Lions took a long look in the mirror this week.

Coming off a pair of performances where they jumped out to early leads only to falter badly in demoralizing losses, a measure of inner reflection was needed before getting back on the practice field.

"There was a lot of soul searching to make sure that we're together," said Lions head coach Jeff Tedford. "The guys have been really close and working really hard and pushing one another and are really excited to have another opportunity."

That opportunity comes Thursday when the Lions (2-3) host the red-hot Edmonton Eskimos (4-1) to kick off Week 7 of the CFL season.

B.C. jumped out to an early 7-0 lead last Thursday on the road against the Winnipeg Blue Bombers thanks to a methodical 14-play, 95-yard touchdown drive, but managed just six points the rest of the way in a 23-13 loss.

That defeat came on the heels of stunning collapse on July 24 when the Lions led 21-0 at home against Toronto, only to see the advantage evaporate in a 30-27

WEEK 7 PICK



Eskimos at Lions, 8 p.m. Thursday

Cornerback Pat Watkins was a one-man show against Saskatchewan with two interceptions (one returned for a TD), a sack and team-high five tackles. Edmonton's defence leads the CFL in sacks (17) and fewest points allowed (12.6). Andrew Harris has run for a league-high 401 yards for B.C. (2-3) but both Lions wins have come against Saskatchewan and defensively they have surrendered 400-plus yards in their last two games.

Pick — Edmonton

Argonauts victory.

The Lions have still yet to put together four solid quarters this season — their only two victories are over the winless Saskatchewan Roughriders — and know they need a much better effort to have a chance of stopping an Edmonton team that has won four straight by an average of 23.5 points.

"We've recovered well this



Lions head coach Jeff Tedford is looking to rebound from a pair of capitulations in B.C.'s last two games against the Bombers and Argos. THE CANADIAN PRESS

week. I do think the confidence is good," said Lions quarterback Travis Lulay, who threw three interceptions against Winnipeg and has been taking most of the heat for his team's eight-ranked offence. "We know we have a great challenge."

Eskimos quarterback Matt Nichols, who's been handed the keys to the offence in place of the injured Mike Reilly, hasn't had

to put up big numbers because of his team's defensive prowess so far this season. He will face a B.C. defence that was dominant as recently as last season, but sits last overall in yards allowed per game, last against the pass and last against the run.

"You're judged by your performance week in and week out," said Lions defensive back Ryan Phillips. "It's not what you

did for me yesterday. Guys have to step up to the plate."

That feeling is shared by the rest of his teammates, with Lulay insisting the belief in the Lions' locker-room remains high as B.C. looks to get back on track.

"We've seen what we're capable of," said the quarterback. "I do feel like the vibes are good. We just have to go out and make it happen." THE CANADIAN PRESS

IN BRIEF

Willy, Watkins and McDaniel named as CFL's top performers for week 6

Winnipeg quarterback Drew Willy, Edmonton defensive back Patrick Watkins and Calgary slotback Marquay McDaniel have been named the CFL's top performers for Week 6.

Willy completed 17-of-25 passes for 269 yards and two TDs in the Blue Bombers' 23-13 victory over the B.C. Lions on Thursday.

Watkins recorded two interceptions, a sack and five tackles in the Eskimos' 30-5 rout of the Saskatchewan Roughriders on Friday. McDaniel recorded seven receptions for 126 yards and two touchdowns in Calgary's 25-22 comeback victory over the Montreal Alouettes on Saturday.

THE CANADIAN PRESS

Dispaltro to carry Canada flag at Parapan opening

Wheelchair athlete Marco Dispaltro will carry Canada's flag at Friday's Parapan American Games opening ceremony.

The Canadian Paralympic Committee introduced the boccia player as the team's flag-bearer at a news conference in Toronto today.

The resident of St-Jerome, Que., who was born with muscular dystrophy, entered the 2015 season ranked No. 1 in the world in his classification.

Dispaltro, 48, won silver in singles at the 2011 Parapan Am Games in Guadalajara, Mexico. THE CANADIAN PRESS

Rio's water quality 'not a big problem': FINA prez

The head of swimming's governing body says dirty water at next year's Olympic venues is "not a big problem."

An investigation last week showed a serious health risk to the 1,400 Olympic athletes who will compete at water venues around Rio de Janeiro that are rife with human waste and sewage.

Head Julio Maglione adds that FINA is in contact with the International Triathlon Union, which held an Olympic test event at Copacabana last week, to track the health of the triathletes who competed.

THE ASSOCIATED PRESS



Jose Bautista, Orioles catcher Eric Fryer and umpire Tom Woodring watch the Jays slugger's second-inning grand slam clear the fence on Wednesday in Toronto.

STEVE RUSSELL/TORSTAR NEWS SERVICE

MLB

Bautista grand-slams Twins

Jose Bautista hit a grand slam in the second inning and the Toronto Blue Jays held on for a 9-7 win over the Minnesota Twins on Wednesday.

Josh Donaldson and Edwin Encarnacion also hit home runs for Toronto (57-52), which has won four straight to strengthen its hold on the second wild card in the American League and keep pace with the AL East-leading New York Yankees.

The Blue Jays have homered in 17 of 18 games since the all-star break and have hit

WEDNESDAY In Toronto



multiple home runs in 10 of those games.

Drew Hutchison (10-2) struck out five over five innings of work but gave up seven runs — three of them earned — on seven hits. Liam Hendriks, Brett Cecil and Mark Lowe pitched a score-

less inning of relief each before LaTroy Hawkins came in to earn his first save with Toronto.

Designated hitter Miguel Sano had two hits and three runs batted in for Minnesota (54-53), which has dropped three games in a row. Tyler Duffey (0-1) struggled in his Major League debut, giving up six runs on five hits in just two innings of work. Five relievers came in for the Twins after Duffey was pulled from the mound.

THE CANADIAN PRESS

RECIPE Summer Taco Salad Wraps with Aged Cheddar



EAT LIGHT AT HOME

Rose Reisman
rosereisman.com

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Ready in

Prep time: 10 minutes
Cook time: 12 minutes

Serves 6.

Ingredients

- 1 cup onions
- 1 tsp minced garlic
- 1 tsp chili powder
- 1 tsp Worcestershire sauce
- 8 oz lean ground beef
- 1 cup medium salsa
- 6 small flour tortillas (6")
- 1/3 cup shredded lettuce
- 1 cup diced plum tomato
- 1/2 cup shredded old light cheddar cheese
- 1 cup black beans, drained and rinsed

Directions

1. In a large skillet sprayed with oil, add onions and sauté for three minutes until tender. Add garlic, chili powder and Worcestershire and sauté another minute. Add beef and sauté until no longer pink, about three minutes. Add salsa, cover and simmer for five minutes on low heat until most of the salsa has been absorbed.

2. Divide meat mixture over centre of tortillas. Divide lettuce, tomato, cheese and beans over top. Fold in half and serve warm.

Nutrition per serving

- Calories 195
- Protein 15 g
- Carbohydrates 25 g
- Fibre 3 g
- Total fat 3.5 g
- Saturated fat 1 g
- Cholesterol 20 mg
- Sodium 690 mg

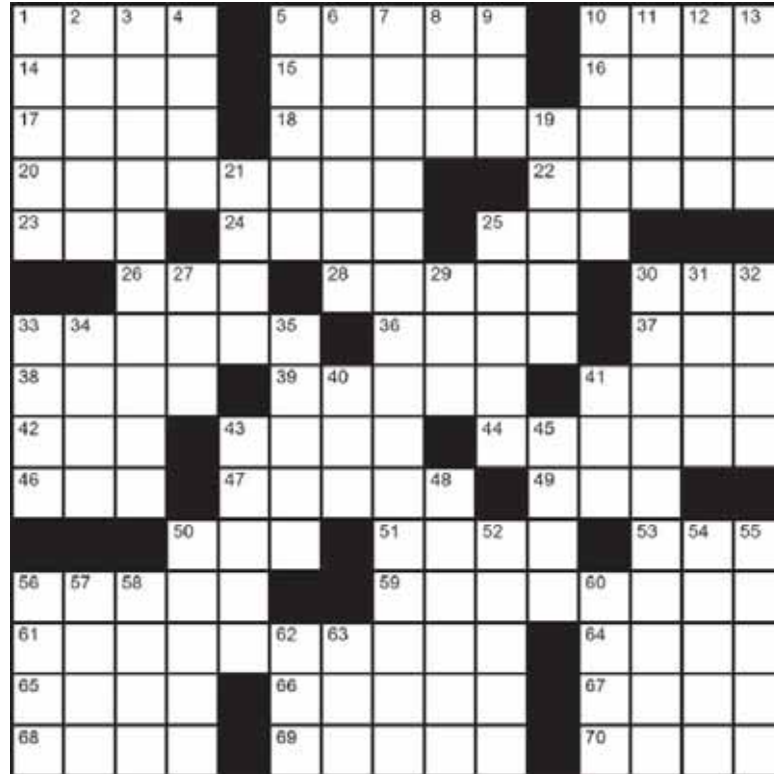
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Rocket-to-moon org.
5. Parsley portion
10. Montreal baseball player, once
14. Grad
15. The 1890s, sometimes called The ___ Decade
16. Brag about
17. Negative reply
18. Gathering/ collection
20. One consists of a board, rooks, pawns, etc.: 2 wds.
22. Silk-like fabric
23. Lieutenant Tasha ___ (Character on "Star Trek: The Next Generation")
24. Chips ___! (Chocolate chip cookie)
25. Wager
26. Cartoonist Mr. Keane
28. Fashion sense
30. Uniquely-spelled mountain basin
33. Immediately!
36. Richly-___ (Fall fashions, often)
37. Pi's follower
38. "My Fair Lady" (1964) star Mr. Harrison's
39. Alpine dry wind
41. Egotistical
42. Poetic tribute
43. In the distance
44. Nickname for Canadian rapper Drake
46. ABBA hit
47. Obscure
49. Stable stuff



50. 'F' in FWIW
51. River of England
53. Mason's load-holder
56. Cold shoulder it
59. Type of tree
61. Canadair CT-133 ___ (Retired military aircraft)

64. Mr. McCormack
65. Competent
66. Rock gig venue
67. Voyaging on the ocean
68. Fruit cocktail bit

DOWN

1. HLN's "___ Grace"
2. Hawaiian 'hi'
3. Canada Post door-

- to-door mail delivery replacements
4. Souls: French
5. Bang up
6. Promenades
7. Hanging-in-a-bag puppet on "The Friendly Giant": 3 wds.
8. 'Impress' suffix

9. Precious stone
10. Plaudit
11. Hospital photo
12. Corn dog
13. British actor Clive
19. "The Rare ___" (1966)
21. Table shaker contents
25. Mix
27. ___ and outs
29. "I ___ Ya Papi" by Jennifer Lopez
30. Neil Young's backing band: 2 wds.
31. ___ by (Pass briskly)
32. Tommy James & The Shondells tune, when repeated
33. Advantages
34. Decorate anew
35. Bid
40. Goon
41. Through
43. Dwelling
45. Canadian comedian Caroline
48. Where Georgetown is the capital city
50. Sir Wilfrid Laurier's bill, fun-style
52. "Buzz off!"
54. Bay window
55. Sticker
56. Business person's "Fast!"
57. Feeling
58. Stewing pot
60. Fermented honey drink
62. Encourager's exclamation!
63. ___ Lanka

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Don't waste your time, energy and money on things you don't need and people you don't respect. Resist the urge to get involved in causes and issues that do not concern you directly.

Taurus April 21 - May 21
You have made sacrifices in recent weeks and now it is time to do something for yourself. You will feel more positive about your dreams and your place in the world.

Gemini May 22 - June 21
There is no point trying to control every situation you find yourself in — you will wear yourself out if you try. Some things are simply too big for even a Gemini to change.

Cancer June 22 - July 23
If you want to get the most out of the next few days you will need to be more sociable. Let others take the lead and they'll take you places you will thoroughly enjoy.

Leo July 24 - Aug. 23
Employers will go out of their way to help you make the most of your talents. First, though, you need to open up and let them know what it is you desire. They're not mind readers.

Virgo Aug. 24 - Sept. 23
Your opinions may be fixed but that does not mean you are completely inflexible. Some of the ideas you have over the next 24 hours will be so unusual that even those who know you well will be surprised.

Libra Sept. 24 - Oct. 23
You don't have to do anything to make this day special, just be yourself and enjoy the wonderful things that come your way. It's possible you could go on a spree and spend too much money but that's nothing new.

Scorpio Oct. 24 - Nov. 22
Even a Scorpio needs encouragement. Loved ones will go out of their way to reassure you today. It's nice to know you are appreciated.

Sagittarius Nov. 23 - Dec. 21
You may not enjoy what you have to do but you have no choice, so get yourself in gear and get it done. Once it is out of the way you can devote yourself to more pleasurable activities.

Capricorn Dec. 22 - Jan. 20
Listen to what friends and relatives tell you today. If you follow their advice it will save you time and effort on things of no importance. Why learn from mistakes when you can learn from others?

Aquarius Jan. 21 - Feb. 19
Your doubts about certain relationships will be laid to rest. Loved ones will reassure you that you are always in their hearts and thoughts, no matter how far apart you may be.

Pisces Feb. 20 - March 20
Don't let pride get in the way of securing your future. You cannot do everything on your own, so put your ego aside and join forces.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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